

How Well Are You?



Plan for a Healthy Future

Attend our **National Save for Retirement Benefits Fair** to learn about your personal health & financial wellness.

Start planning for your healthy retirement future today!

- Start planning your retirement today — it's never too early!
- Learn how you can save for retirement and secure your future
- Get your flu shot and have your blood pressure and BMI checked (Flu shots are for Cigna enrollees only.)
- Discuss health insurance questions with your CIGNA plan representative
- Discover how flexible spending plans can save you money \$\$\$
- Enter our daily drawings for prize money \$\$\$

October 23 | 9:00 a.m. – 1:00 p.m. | Joel D. Valdez Main Library Basement (101 N. Stone Ave.)

October 24 | 9:00 a.m. – 1:00 p.m. | Hardesty Substation conference room (1100 S. Alvernon Way)

October 25 | 1:00 p.m. – 4:00 p.m. | Thomas Price Auditorium (4004 S. Park Avenue)

